Motivation Exercise



- 1. Why do I want to be motivated?
- 2. Are there certain things that I need to be motivated to do, or am I seeking motivation in order to maintain a more positive outlook about my life and the changes I am putting into place?
- 3. What areas of my life spur me on to be motivated and successful (e.g., my family)?
- 4. What tools do I use to help myself stay motivated?